SAFE RETURN TO PARA SWIMMING GUIDELINES

**PLAY BY THE RULES**
Adhere to any guidance, rules and regulations produced by your national and local governments and to the health regulations in place in your country and local area.

**CLEAN YOUR HANDS**
Wash your hands thoroughly (minimum 20 seconds) or sanitize before and after practice.

**KEEP YOUR DISTANCE**
In general, keep a minimum 1 meter distance from other people or any such required distance according to regulations in your area, if different.

**WEAR MASKS**
Masks should be worn as per local health guidelines.

**THINK GRADUAL**
Resumption of physical activity must be progressive in duration and intensity in order to readjust the body to the effort (heart, muscles, tendons) applying a gradual return to training.

**GET IN, TRAIN, GET OUT**
Follow the ‘Get in, train and get out’ process (arrive to the training facility wearing sports clothes, ready to train, and leave quickly after practice).

**DISINFECT YOUR KIT**
Clean and disinfect your personal mobility device(s) such as wheelchair, prostheses, mobility cane etc. at the end of the training session before leaving the facility.

**TRAINING FACILITY**
Ensure physical distancing is maintained around the pool and in the facility by defining maximum number of people in a facility and adding physical barriers and outlining routes.

**COACHES**
Always maintain social distancing when giving feedback, while athletes are resting, and at all other times.

**COACHES: BUILD TIME**
Implement a 15-minute buffer between participants.

**COACHES: TRAIN ONLINE**
Organise online training sessions and use of online resources (videos) where possible.

**GUIDES**
As far as possible, let swimmer use their own guide/assistant or have the same person guiding/assisting them at all times.